

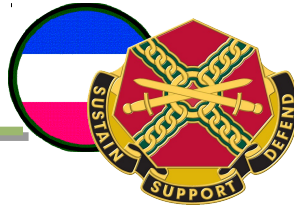
Fort Carson Town Hall

9 Nov 10

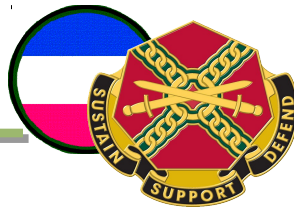
Our Mission: *The Mountain Post Garrison Team provides units mission support and services including quality of life programs for the Fort Carson Soldiers, Families and community to enable forces to execute expeditionary operations and to minimize stress on Soldiers and Families in a time of persistent conflict.*



Agenda



- Opening Remarks by COL McLaughlin
- Door Prizes
- Inclement Weather Plan
- Snow/Ice Removal Plan
- Winter Energy Conservation Plan
- Preventive Medicine Updates
- Winter Effects on Domestic Animals
- Religious Support over Holiday Season
- Door Prizes
- Open Discussion

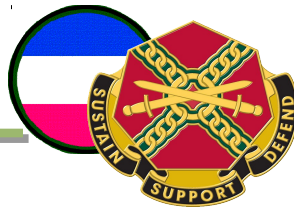


Garrison Commander

COL Robert F. McLaughlin
526 - 6202



Customer Service

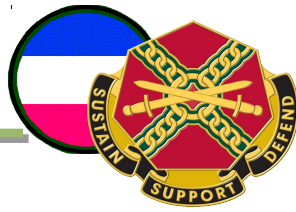


AFAP Feedback

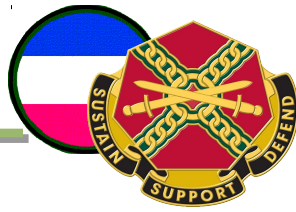
- Conference completed 3-5 Nov - Thanks for your support
- Fort Carson Issues
- Department of the Army Issues

Voice of the Customer Feedback Mechanisms

- Interactive Customer Evaluation (ICE)
 - FCCO Website, Cards and Kiosks
- Fort Carson Town Hall (1 Feb 2011)
- Community Information Exchange (2 Dec 10)
- Retiree Council (16 Nov 10)
- AAFES/Commissary Council (2 Feb 11)
- Ask the Garrison Commander on Fort Carson Webpage
- Mayor's Meetings
- Facebook



First Door Prize Drawings



DPTMS

Mr. Ray Dunn
526 - 3400



Fort Carson Severe Weather Operations

Road Conditions



- **GREEN**

No Restrictions.

- **AMBER**

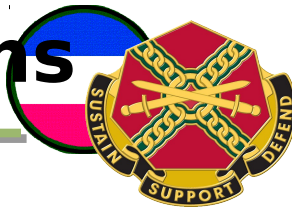
Roads snow-packed, icy in spots with expected delays.

- **RED**

Mostly snow-covered. Possible black ice. Very hazardous conditions exist. Long delays expected



Fort Carson Severe Weather Operations



- **Delayed Reporting**

Used to allow non-essential personnel additional time to report to work safely. Personnel depart well in advance of delayed reporting time to arrive safely.

- **Curtailment of Operations**

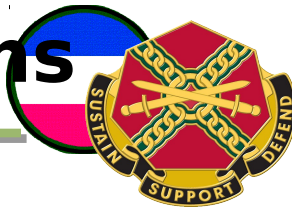
Cancellation or modification of training and post activities in response to hazardous road conditions. Facilities and services including commissary, PX, outpatient clinics and pharmacy may be closed. Only emergency/mission essential vehicles may be dispatched.

- **Early Release**

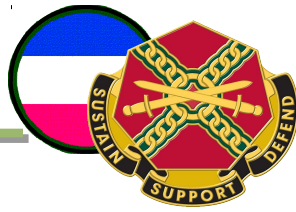
Safely manages the flow of personnel and vehicles off of the installation. Personnel will be



Fort Carson Severe Weather Operations



- Local Front Range Media
TV & Radio stations are notified by Fort Carson Public Affairs immediately after Garrison Commander makes decision
- Fort Carson Web Page
- Recorded Weather Line (719) 526 - 0096
- Unit Staff Duty

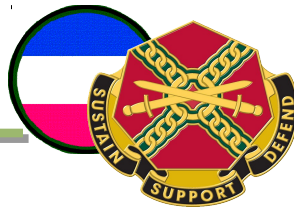


DPW

Mr. Hal Alguire
526 - 3415



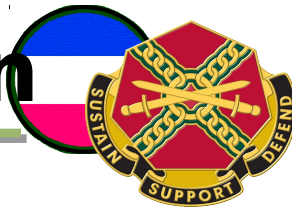
Snow/Ice Removal Plan



- Emergency Snow Routes (main egress roads) will be the major effort for snow and ice removal.
- Plows will operate when snow accumulation exceeds 3 inches.
- Main sidewalks will be cleared when accumulation exceeds 3 inches.
- Ice control measures will be pre-emptive as much as possible.
- Facility owners are required to clear sidewalks from buildings to parking lots and/or main sidewalks.



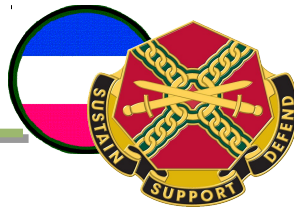
Winter Energy Conservation Plan



- Temperatures in Facilities
 - Set thermostats between 65-70 degrees in Administrative areas
 - Medical areas authorized to set thermostats at 72 degrees
 - Set thermostats to 55 degrees in motor pool bays, warehouses and unoccupied facilities
- Tips
 - Space heaters are energy hogs and can be dangerous - not approved for use IAW AR 420-1
 - Keep exterior doors and windows closed
 - Keep blinds/shades open on sunny days to bring in solar heat
 - Replace door sweeps and ensure windows are caulked – call in a Service Order if needed (526-5345)
 - Change furnace filters regularly
 - Dress for cooler temperatures
 - Shovels and ice melt available for your facility through R&U shop, Bldg 217



MEDDAC Update



USA MEDDAC
Fort Carson, CO
"Care with Honor"

COL Jimmie O. Keenan
CSM Ly M. Lac

526-7500



Seasonal Influenza Immunizations



Family members and retirees can receive their flu immunization from their assigned clinics on a "Walk-in" basis.

Flu Shot Hotline: (719) 526 - 6422

For further information and updates

http://evans.amedd.army.mil/PM/flu_clinics.html



Seasonal Influenza Immunizations



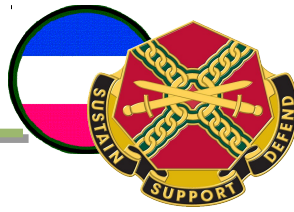
- **Vaccines administered at your retail pharmacy usually don't require an appointment and use the same effective medications as your physician's office.**
- **Before You Visit the Pharmacy... Check with your plan sponsor about vaccine coverage and co-payment information.**
 - Make sure the pharmacy you choose is in your Express Scripts participating pharmacy network. If you're not sure, use the "Find a Pharmacy" feature to find out.
 - Call your network pharmacy to check their current vaccination schedule and to make sure they have the vaccine you need in stock.
 - Be sure to present your prescription member ID card (or your military ID if you have TRICARE coverage) at the time of service.
- **Examples of pharmacies listed on the website:**
Albertsons LLC, K-mart, Safeway, Target, Walgreens
Addresses, locations, and phone numbers NOT provided.



Tricare link: <http://www.express-scripts.com/member/portalAlerts/vaccines>



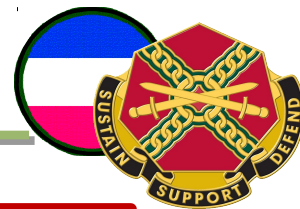
TRICARE On Line (TOL) Campaign



- TRICARE Online (TOL) allows Prime Enrollees to:
 - Make primary care appointments online, 24/7, from any computer with internet access.
 - Renew prescription refills.
 - Access healthy life-style tools, health calculators, and health assessments.
 - Access a wealth of health and wellness information.
- URL: <https://www.tricareonline.com>
- For help with registration or password reset, call the TRICARE



PARKING



EACH/SFCC Patient Parking

Parking Lot A for EACH

- Pharmacy
- Internal Medicine
- OB/GYN
- GS/DERM/Cardio
- Disease Management
- ENT
- Physical Exams
- MEB/DES
- Urology
- Pain
- Medical Tower

Parking Lot G & F for SFCC

- Release of Info/
Correspondence
- Dental
- Pediatrics
- Family Medicine
- PT/OT/Chiro
- Ortho/Podiatry
- Social Work Services

Evans Army
Community
Hospital
(EACH)

Soldier
Family
Care Center
(SFCC)

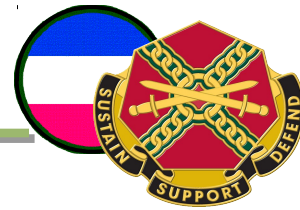
Lot E
Emergency
Parking Only



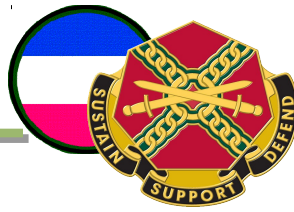
North



Cold Weather Protection



- Winter is right around the corner!
- Protect yourself
 - Dress properly in layers and remove layers during activities.
 - Wear a hat. The body loses 25% of its heat through the top of the head.
 - Eat properly and drink plenty of warm fluids, even when not hungry or thirsty.
 - Exercise to stay fit, and get enough sleep.
 - Stay dry and avoid long exposures to cold and wind.
 - When wet, change immediately into dry, warm clothing.
 - Avoid alcohol and nicotine use.

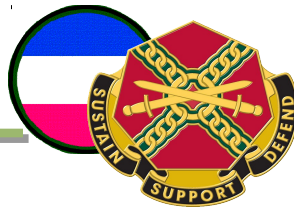


Fort Carson Veterinary Branch

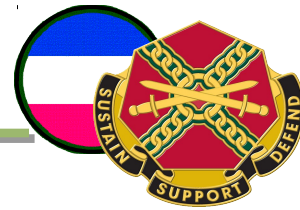
CPT Cara Pugliese, DVM
526 - 4354



Care for Domestic Pets



- Pets housed outdoors need adequate shelter to prevent frostbite and hypothermia, and constant access to water.
- When bringing pets in from the outdoors, ensure to wipe their feet clean of any salt or ice that may have built up.
- Antifreeze is sweet smelling and tasting to pets, but highly toxic and potentially fatal if left untreated.
- The cold may aggravate arthritis in older pets and may make it difficult to housebreak puppies.

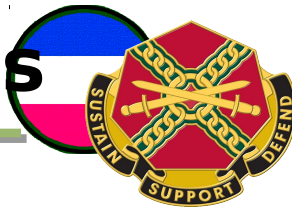


Religious Support Office

CH (COL) Jonathan Gibbs
526 - 5279



Religious Holiday Schedule / Activities



Catholic Advent and Christmas Workshop

20 November, Soldiers' Memorial Chapel, 0900-1200

Pre-Thanksgiving Dinners

14 November, Prussman Chapel, following 1100 worship

21 November, Soldiers' Memorial Chapel, following 1100 worship

Living Nativity

10-11 December, Soldiers' Memorial Chapel, 1900-2100

Christmas Musical

11 December, Prussman Chapel, 1800

Goody Day

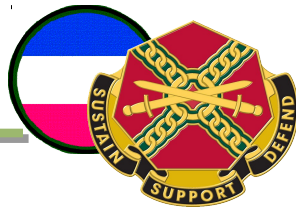
19 December, Prussman Chapel, following 1100 worship

Christmas Caroling and Chili Dinner

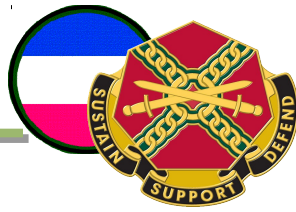
19 December, Soldiers' Memorial Chapel, 1530 - 1830,

Children's Christmas Program

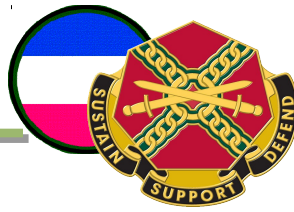
19 December, Veteran's Chapel, 1100



Second Door Prize Drawings



Open Discussion



Next Town Hall

1 February 2011

1800 hrs

McMahon Auditorium